

Newground Safety Tool Box Talks



FALLS FROM EQUIPMENT

Some things to know *before* you give your talk.

There are a lot of ways that your crew could get hurt when operating or maintaining machinery. The most common way is by falling on or from the equipment they're working with.

Many workers fall but don't get hurt. Some aren't so lucky.

Things you can do to prevent falls

- **Start off with a good pair of work shoes or boots, with slip resistant soles. Make sure that you scrape off any mud, grease or oil *before* you start climbing onto equipment.**
- **Keep equipment clean. It's easy to let oil, grease, mud, tools, parts and debris build up but this just increases the chances of falls.**
- **In the winter, watch for snow and ice build up on catwalks, handholds and steps. Tell them to remember that the ground that was dry when they got into the cab, may not be when they get back out.**

More operators and workers are hurt simply entering or exiting equipment. Here are some things that your crew can do to stop this problem:

- **Take the time to learn where the steps, ladders, handles and grab bars are on the equipment that they operate. This is especially important if they use different equipment everyday.**
- **If the equipment is missing handholds, grab bars or steps, they should let their supervisor know.**
- **Use the "three-point system" for getting on or off of equipment. This means that you keep three limbs in contact with the vehicle at all times – two feet and one hand, or two hands and one foot.**
- **Exit the same way you got in – facing the equipment.**

Newground Safety Tool Box Talks



- **Keep your hands free.** Lower tools, paperwork or equipment *before* you get out of the cab, or wait until you're standing on the ground before you reach for them.
- Here's a bunch of don'ts:
 - don't jump from equipment
 - don't use tires or wheel hubs as step
 - don't use the door frame or the edge of the door as a hand hold, and
 - don't assume that the ground outside the cab is level. Check it before you get out.

Try this for show and tell!

Take the crew to one of your pieces of machinery and demonstrate the 3-point system for getting on and off (keeping three limbs in contact with the vehicle at all times – two feet and one hand or two hands and one foot).

Questions you can use to get them talking:

- How's our equipment to get on and off?
- Do we have any equipment that's hard to get in and out of? Is there anything that could use an extra step or grab bar?
- What about the mechanics? Can you get to the equipment safely? Do you need extra handholds, ladders or anything else so you have a safe place to stand when you work?

Attended by:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____